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Holiday nightmare. A Metro-North commuter train derailed on Sunday morning, killing four people and injuring at least 70 passengers, many on their way back after Thanksgiving weekend. **Deadly turn.** Police are still investigating the cause of the incident, but this is the second time recently that a train has gone off the rails at that bend in the tracks. PAGES 02-06

**Education:
Disconnect
and then
tune in**

PAGE 12

**'Fast and
Furious' star
Paul Walker
dead at 40**

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**Get Cyber
Monday
deals while
still in PJs**

PAGES 17-20

**Jets' offense
nonexistent,
Smith pulled
in ugly loss**

PAGES 27-28

Tragedy on the tracks

All seven cars of the train derailed during a curve on the Hudson line. The deaths were the first in 31 years for the MTA. / GETTY IMAGES



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NEWS



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Quoted

"This is a tragic and horrifying day for the passengers, crew and family members of those on board, as well as those in the surrounding community."

New York Senate Majority Coalition Leader Jeff Klein



First responders were on the scene almost immediately after the incident to help the victims and start the investigation. / LEFT, GETTY IMAGES; RIGHT, BESS ADLER, METRO



Commute

MTA offers alternatives after train derailment

After a fatal Metro-North train derailment on the Hudson line Sunday, the Metropolitan Transportation Authority will continue to provide alternatives to commuters Monday morning.

The MTA will provide a shuttle bus between the Yonkers station and the 242nd Street terminus of the local 1 Train until further notice.

Two additional 1 Trains will operate per hour during peak periods. Hudson Line tickets will be cross-honored on the subway.

"Tomorrow, people who use this line should plan on a long commute," Gov. Andrew Cuomo said Sunday.

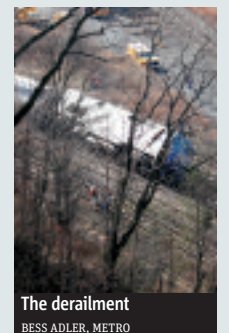
The more than 26,000 people who use the Hudson Line are encouraged to use the Harlem Line as an alternative, or to use the 1 Train.

Special parking is available at the Southeast Station on the Harlem Line at Kensico Dam, close to Valhalla Station. Representatives will assist customers making transfers.

The nature of the derailment is under investigation by the National Transportation Safety Board.

"We realize this is a very important railway for commuters in the New York area," NTSB member Earl Weener said.

Check www.mta.info for service updates.
ANNA SANDERS



The derailment
BESS ADLER, METRO

Four dead in Bronx train derailment

Horrific. Officials are investigating the cause of a fatal Metro-North derailment that injured at least 70 people Sunday.

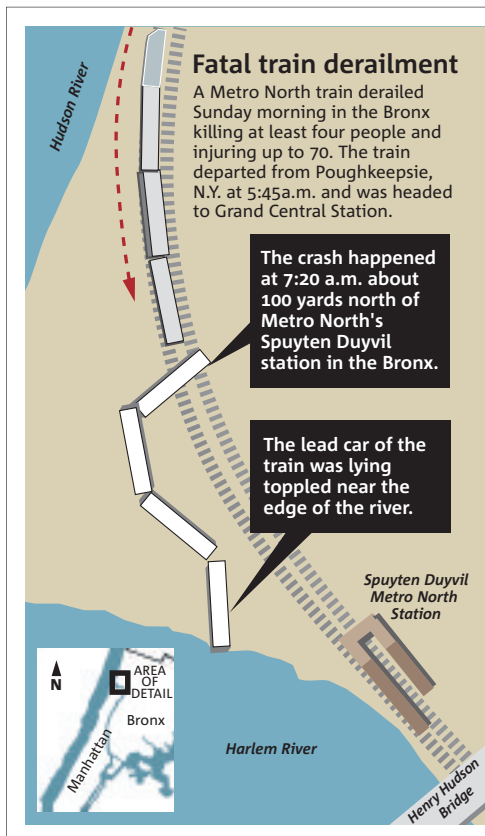
A Metro-North train derailed in the Bronx on Sunday, causing the first fatalities in the railroad's nearly 31-year history.

Investigators with the National Transportation Safety Board arrived on the scene a few hours after a train traveling from Poughkeepsie to Grand Central derailed around 7:20 a.m., near the Spuyten Duyvil Station.

Four people died and at least 70 more were injured during the derailment, according to a law enforcement official. There were about 120 passengers on the train, the MTA said.

The youngest fatality was Ahn Kisook, 35, from Queens, who worked as a nurse in Brooklyn, the MTA and the law enforcement official said. The other victims include Donna Smith, 54, of Newburgh, N.Y.; James Lovell, 58, of Cold Spring, N.Y.; and James Ferrari, 58, of Montrose, N.Y.

More bodies may be underneath the train's cars, the official said. The NTSB approved for cranes to lift the cars; an MTA spokes-



GRAPHIC BY BILLY BECERRA, METRO

Finding out what happened

"The MTA wants to know, as much as anyone, what happened with this accident, if there's a lesson to be learned, because safety is job one. We want to see the trains perform and perform on time, but safety is job one." Gov. Andrew Cuomo

man said this may happen late Sunday or early Monday.

The train left Poughkeepsie around 5:54 a.m., officials said. The entire train, seven cars and the locomotive, derailed during a long curve on the Hudson Line. The locomotive pushed the cars forward from the back of the train.

After the incident, the overturned train cars could be seen several feet from the curved rails, some close to the water's edge where the Hudson and Harlem rivers meet.

The speed limit for that curve is 30 mph, but there is a 70 mph zone before the curve, according to NTSB member Earl Weener.

He said the track, along with the train's speed, route signals and other factors will be investigated by the NTSB over the next seven to 10 days.

Passengers reported chaos, with some falling on top of each other as the car rolled over, according to a witness.

Another witness said he saw people severely injured after the derailment.

"There were a few that were lucky enough to walk away from it, but I'm sure these memories and tragedy will live with them forever," said Mike Gallo, who was walking his dog near the scene.

DANIELLE TCHOLAKIAN
and ANNA SANDERS



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New York firefighters survey the damage done from the derailed Metro-North train. / GETTY IMAGES

Families wait for some news of loved ones

On edge. Family members of those injured in the train derailment went to local hospitals to find out about their relatives.

Lots of injured

Those who were injured in the incident were taken to St. Barnabas Hospital, Montefiore Medical Center, Jacobi Medical Center, Lincoln Hospital and Elmhurst Hospital, as well as New York-Presbyterian Hospital.

- Dr. Ernest Patti of St. Barnabas Hospital noted the injuries were consistent with an incident when no seat belts are worn: broken bones, bumps, bruises and broken ribs.

Familiar pattern

"Everyone is viable. [The] injuries [are] consistent with what you'd expect when a car rolls over."

Dr. Ernest Patti
St. Barnabas Hospital

Family members anxiously waited for news after four died and dozens were injured in a train derailment in the Bronx Sunday morning.

The husband of an assistant conductor on the fatal Metro-North train derailment said his wife was getting a CT scan after the incident.

Maria Herbert has had the job for 14 years, according to her husband, William Herbert.

"You can't just be a regular dummy on the street to have that job," Herbert said at New York-Presbyterian Hospital where his wife was being treated for head, shoulder and rib injuries.

A law enforcement source said 70 people were injured during the crash, including 11 who were critically injured.

Two critically injured

and 10 stable passengers were taken to St. Barnabas Hospital in the Bronx, according to Dr. Ernest Patti, the facility's senior attending physician of emergency medicine.

The fire department said injured passengers were also taken to Montefiore Medical Center, Jacobi Medical Center, Lincoln Hospital and Elmhurst Hospital, in addition to New York-Presbyterian Hospital.

After the incident,

Herbert spoke with his wife on the phone, which had to be held up for her by a police officer.

She was among 17 passengers brought to Presbyterian Hospital, according to officials. Four were brought in critical condition.

Passenger Sherelle Coor, 19, was coming home after visiting a friend when the train derailed. She was being treated for cuts and a concussion at the hospital, according to her cousin Lisa Delgado.

Coor, a University of Delaware student, was at the hospital with her parents, who are from the Bronx.

"She's hanging in there — banged up — but she's doing good," Delgado said.

**DANIELLE TCHOLAKIAN,
MEREDITH ENGEL
AND ANNA SANDERS**

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New York Gov. Andrew Cuomo was on the scene shortly after it happened. / MELISSA DE ROSA, TWITTER

Elected officials weigh in on MTA train derailment

Condolences. N.Y. politicians said that they would look into how the accident occurred.

Politicians offered their prayers and condolences to those killed and injured after a Metro-North train derailed in the Bronx early Sunday morning.

"Our thoughts and prayers go out to the loved ones of those killed and injured in this morning's tragedy," Mayor-elect Bill de Blasio said in a statement that day. "I spoke with Commissioner Kelly this morning,

and my office continues to monitor the situation. We stand ready to work with officials and authorities in any way we can to help those in need and to learn the cause of this accident."

Mayor Michael Bloomberg tweeted his condolences and urged family members to call 311.

Bronx Borough President Ruben Diaz Jr. said in a statement, "While we learn more about the specifics of what exactly happened this morning, my thoughts and prayers, as well as those of all 1.4 million Bronx residents, are with the victims and their families as they deal with this terrible tragedy."

The White House also

In our thoughts

"Four people lost their lives today in the holiday season right after Thanksgiving. They are in our thoughts and prayers."

Gov. Andrew Cuomo

sent out a release on the in derailment. "[President Obama's] thoughts and prayers go out to the friends and families who lost a loved one and everyone affected by this incident."

**ANDREA
PARK**
letters@metro.us

Investigation

Man shot dead on Staten Island

A man was shot and killed in the West Brighton neighborhood of Staten Island on Sunday morning, police said.

Cops responded to the scene at 3:48 a.m. and found a 24-year-old man with a gunshot wound to the chest. **EMILY JOHNSON**

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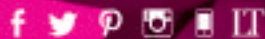
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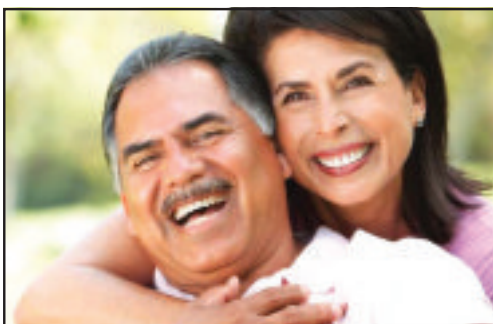
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NYC liberals ready for their comeback



By the numbers

20

De Blasio will be the first Democratic mayor in 20 years.

Mayor-Elect Bill de Blasio has said that he will address the gap between rich and poor in the city. / GETTY IMAGES

Analysis

Different direction

The shift in tone in city government is already apparent.

Earlier this month, the City Council took the rare step of rejecting a rezoning of Manhattan's East Side, delivering a blow to Mayor Bloomberg and developers who had forcefully backed the plan.

Then, the MTA announced that it was cutting its planned fare increases for 2015 and 2017 by nearly half. The transit agency cited an improved fiscal outlook, but Gene Russianoff, a lawyer and the spokesman for the Straphangers Campaign, said he saw the move as reflecting a changed political climate in New York City.

New day dawns.

The mayor and City Council can implement change that was stymied by Mayor Bloomberg.

With Bill de Blasio taking office as mayor in January, New York City appears poised for a resurgence of liberal policies.

After 20 years of Republican leadership, New York City will have the most liberal mayor in a generation. Helping him implement change will be a progressive-leaning City Council and a long-time liberal ally in Letitia James, the new public advocate.

To observers as well as Democratic legislators, the last election marked a major change in New York City politics, with a

Movement in the making

"I would definitely define this as a movement."

Councilmember Laurie Cumbo

new breed of liberal politicians ready to enact a series of progressive policies that would have been dead on arrival under Bloomberg or Giuliani.

"It's seen as an oppor-

tunity by progressives to do something different," said Douglas Muzzio, political science professor at Baruch College.

De Blasio's agenda includes reforming police tactics, offering universal access to early childhood education, expanding the city's paid sick leave rules and improving the living standard for the 46 percent of New Yorkers at or below the poverty line.

REUTERS

Queens man killed by drunken driver

Taken too soon

38

Jimmy Sinisi, 38, vocalist with the Wordy Bums, was killed in the car crash.

A driver who barreled into another car and killed a Queens man in Howard Beach on Saturday was apparently driving drunk, police said.

James Celauro, 23, crashed his 2006 Ford sedan into a 2001 Saturn around 1 a.m. Saturday morning, police said.

The other driver, identified as 38-year-old Jimmy Sinisi, was rushed to Jamaica Hospital, where he was pronounced dead.

Celauro, whose car caught fire after coming to a halt, was also hospitalized in stable condition. He is being charged with vehicular manslaughter and DWAI, or driving while ability

impaired, police said.

Sinisi, of Ozone Park, was a musician who also went by the name Marvin Gardens.

He was a vocalist for a band called the Wordy Bums, who posted on their Facebook page about his passing.

"We had our hearts ripped out of our chests today," the post read. "Jim Sinisi aka Marvin Gardens was taken from us in an automobile accident." EMILY JOHNSON



Jimmy Sinisi, also known as Marvin Gardens, was lead vocalist for the Wordy Bums. WORDY BUMS, FACEBOOK



Rush. Fights, store evacuation mar holiday shopping

The post-Thanksgiving shopping rush sparked incidents of violence across the United States as a police officer was injured breaking up a fight, a shopper was shot in the leg over a TV and a Walmart was evacuated, according to police and media reports.

The holiday shopping incidents also included a suspected shoplifter shot by police in a Chicago suburb and a woman spitting on another woman's child in an argument over baby clothes.

"Black Friday," the biggest U.S. shopping day of the year, started a few hours earlier this season as many department stores opted to open or start discounts on Thanksgiving night for the first time.

While most retailers reported peaceful — if hectic — opening hours, some saw the shopping craze erupt into violence.

In White Plains, just north of New York City, an outlet of Wal-Mart Stores Inc. was evacuated on Friday, with employees and shoppers saying they had been warned of a possible bomb threat.

Apparently the threat was bogus, and authorities allowed shoppers back in the store about an hour and 40 minutes later.

"Out of nowhere, they just said, 'You have to evacuate,'" said Olaya Goodman of the Bronx.

REUTERS



Walmart in White Plains, N.Y.
GOOGLE MAPS

Black Friday online spending reaches a record \$1.2 billion

Retail. About 97 million people planned to shop online or in stores on Black Friday.

Online spending on Black Friday increased 15 percent to a record \$1.2 billion as more consumers opted to shop from their couches rather than battle long lines at stores.

Total e-commerce sales reached \$20.6 billion in the first 29 days of this holiday season, according to ComScore Inc. That's about a 3.1 percent increase from Nov. 1 to Black Friday last year, the research firm's data showed, noting that 2013 numbers include a few more shopping days because Thanksgiving fell on a later date this year.

Consumers are spend-



People avoided the long lines of holiday shopping by logging on and shopping at home. / GETTY IMAGES

ing more time browsing and buying from smartphones and tablets, on top of the hours they already devote to shopping via the Web on laptop and desktop com-

puters. That's translating into faster growth in online sales.

"While Black Friday — and now Thanksgiving Day — is the traditional kickoff to the brick-and-

Quoted

"Many consumers prefer to avoid the crowds and lines typically associated with Black Friday by shopping from the comfort of their own homes, and we saw a record 66 million Americans do that this year."

Gian Fulgoni, ComScore chairman

Turkey Day

\$766M

Thanksgiving Day online purchases climbed 21 percent to \$766 million, ComScore reported.

mortar holiday shopping season, both days continue to grow in importance on the online channel," ComScore Chairman Gian Fulgoni said in a statement. **BLOOMBERG**

Small Biz Saturday

Obama and daughters go big on books

President Barack Obama and his daughters, Sasha and Malia, went on what has become an annual

book shopping spree on Saturday, stopping at a bookstore to promote an event called Small Business Saturday.

The First Family, in casual dress, stopped traffic in Politics and Prose, a tiny locally-

owned store in Northwest Washington. They took time to mingle with camera-phone wielding shoppers before heading to the checkout. They purchased about two dozen books.

REUTERS

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Unforgotten fighter of Korean War. US veteran a POW at 85

Merrill Edward Newman, an 85-year-old Korean War veteran who lives in a retirement community in California, has become one of the last prisoners of that war. He returned to North Korea last month as an American tourist and was snatched by authorities from his plane moments before it was due to depart for Beijing.

When he returned to the isolated state,

he was taking a risk, former guerrillas who knew Newman said. The North Korean regime has nourished memories of the 1950-53 Korean War as the inspiration for the country's identity and acts as if the conflict is still happening.

Technically, the war did not end. No peace treaty was signed between the United States, South Korea and North Korea. **REUTERS**

Vertical dive

Women skydivers break head-first record

Sixty-three women from around the world linked hands as they plunged head-first toward the Ari-

zona desert on Saturday, shattering the female vertical formation skydiving record, the U.S. Parachute Association said.

The skydivers leaped from three aircraft at 18,000 feet near Eloy, about 65 miles southeast of Phoenix. **REUTERS**

Obama administration says it achieved goal of fixing health care site



More work. Officials warned the site, HealthCare.gov, needs more fixes.

Two months after the disastrous launch of a website that is a key component of President Barack Obama's health care law, administration officials said on Sunday they had met their goal of getting the HealthCare.gov site running smoothly, but warned that it needs more fixes.

Obama adviser Jeffrey Zients said a five-week emergency "tech surge" had doubled the capacity of the online health insurance portal that is crucial to helping millions of

people shop for insurance plans, while making it more responsive and less prone to errors.

The administration said the effort's key improvement was to increase HealthCare.gov's capacity to 50,000 simultaneous users, which would allow the site to handle a minimum of 800,000 users per day.

REUTERS

Volume concerns

Administration officials remain concerned about high volumes this month, with the potential for large numbers of people entering the site to apply for insurance coverage beginning Jan. 1.

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It's starting to look a lot like Christmas

Christmas decorations in Rockefeller Center in New York City brighten up a grey day.



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Thai protesters step up action

About 30,000 protesters launched a "people's coup" on Thailand's government on Sunday, swarming state agencies in violent clashes, taking control of a state broadcaster and forcing the prime minister to flee a police compound. But after a day of skirmishes between protesters hurling stones and petrol bombs against riot police firing back with tear gas, the demonstrators failed to breach heavily barricaded Government House, office of Prime Minister Yingluck Shinawatra. **REUTERS**

Protesters

Tear gas flies in Cairo as constitution takes shape

Egyptian security forces fired tear gas in Cairo's Tahrir Square to disperse anti-government protesters on Sunday, as a new constitution that reinforces the military's political power edged closer to approval.

The draft constitution reflects how the balance

of power has shifted in Egypt since secular-minded generals deposed Islamist President Mohamed Mursi in July after mass protests against him. It contains language that could ban Islamist parties outright.

A major milestone in Egypt's political road map, the constitution must be approved in a referendum before new elections, which Mursi's Muslim Brotherhood, driven underground by security

measures and a legal ban, is unlikely to contest.

"The people want to topple the regime," chanted several hundred protesters who descended on Tahrir Square, epicenter of the 2011 uprising against autocratic President Hosni Mubarak.

Though it only lasted about half an hour before security forces acted, it appeared to be the biggest protest by Brotherhood sympathizers in Tahrir since Mursi's fall. **REUTERS**

Ukrainians stage rally against Yanukovich's turnaround on EU pact

Clash. Interior Ministry forces and riot police fired tear gas and stun grenades on Sunday.

Ukrainian opposition leaders called on Sunday for President Viktor Yanukovich and his government to resign at a rally of about 350,000 people, the biggest protest in the capital Kiev since the "Orange Revolution" of nine years ago.

On a day of huge emotion, which also marked the anniversary of Ukraine's 1991 referendum on independence from the Soviet Union, opposition leaders denounced Yanukovich for walking away from a pact offered by the European Union and swinging trade policy back toward Russia.



A Ukrainian protester hurls a brick at riot police during clashes outside the president's office in Kiev on Sunday. / GETTY IMAGES

Quoted


"They stole the dream."

Vitaly Klitschko, heavyweight boxer-turned-opposition politician told the crowds on Independence Square.

"If this government does not want to fulfill the will of the people, then there will be no such government, there will be no such president. There will

be a new government and a new president," declared Vitaly Klitschko, a contender for the next presidential election due in 2015.

After months of pressure from Russia, Yanukovich suddenly backpedaled from signing the deal on closer relations with the EU in favor of renewed economic dialogue with Moscow, Ukraine's former Soviet master. **REUTERS**



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Unplugging to find intimacy

Phone-free. One professor asks students to put down their phones and reach out.

Pick a campus, any campus. As you stroll around, chances are you'll notice fewer students without a tech device than with them: all the more reason for Andrew Reiner, an English professor at Towson University, to teach his course, "The Search for Intimacy in the Age of Facebook."

"As I started teaching at the college level, I was getting a vibe there was a lot of disconnect. Whether it was walking to dining halls, libraries or when I'd walk into class — there

were endless amounts of phone activity and Facebooking."

Reiner's overall purpose was to help students find authenticity and springboard into relationships with others. He wants his students to disengage online to re-engage offline.

For instance, Reiner has given students a tech-free assignment based on an essay from a book called "The Sabbath." Reiner realizes that he can't deny students their technology, but he encourages them to become independent from it, taking a four-hour break from social media as part of the class.

"It's really not that long, but to them it was a lifetime," he explains. "They had to do something by themselves that did not involve homework or being plugged in and write

a guided reflection. Reflections that came back spoke to a kind of disconnect from themselves."

In another recent assignment, students sat alone in a crowded lunchroom. They weren't allowed to use smartphones, laptops, do schoolwork, use social media or text. "The need to be in touch breeds hyper-conformity. You're like a pariah if you're not on Facebook for a day."

Describing it as a "very deliberate and conscious way" to defy technology, Reiner's goal is to teach students to be in control of technology and not the other way around.

"All it really requires is the willingness to impose some boundaries on the extent to which I get back to people and the speed at which I get back to [them]," he says.

See more at
www.metro.us



Taking a break from technology can be a tough lesson for students to learn. / GETTY IMAGES, PIXLAND

Quoted

"This is about reconnecting with your deeper, personal authenticity and discovering that confrontation can be civil and productive without the stress of cruelty and drama."

Andrew Reiner, professor at Towson University

Reiner fears that not setting boundaries for technology may have dire implications for society. "I'm scared for our culture, for the world that my 2-year-old is entering into," he says. In order to set boundaries and reconnect with life offline — in addition to regular four-hour "Sabbaths" — Reiner recommends writing monthly letters to tell someone something you have wanted to share for "a few days, months or even years."

And make it meaningful, he recommends: "Tell them something that deeply matters to you, whether it's resentment, hurt or gratitude. ... Frame the truth in an honest, respectful tone. [It's] about reconnecting with a deeper, personal authenticity and discovering that confrontation can be civil and productive without the stress."

VICKI SALEMI
letters@metro.us

Techno-addicts

Students weigh in

Leonard Randall Chisolm, sophomore, Harcum College: "Technology is a great way to stay in touch. I think some people abuse it, and at times I have abused it, but there are

some times you have to control yourself and say, 'Get me back to the real world.'"

Christina Madsen, senior, Barnard College: "If I had to go eat lunch by myself without a phone, I would definitely feel disconnected

and judged. I catch myself constantly refreshing my Facebook News Feed or texting people for no reason just so I feel less alone. When I notice myself doing this, I'll sometimes try to put down my phone and just eat by myself, but it never lasts very long."

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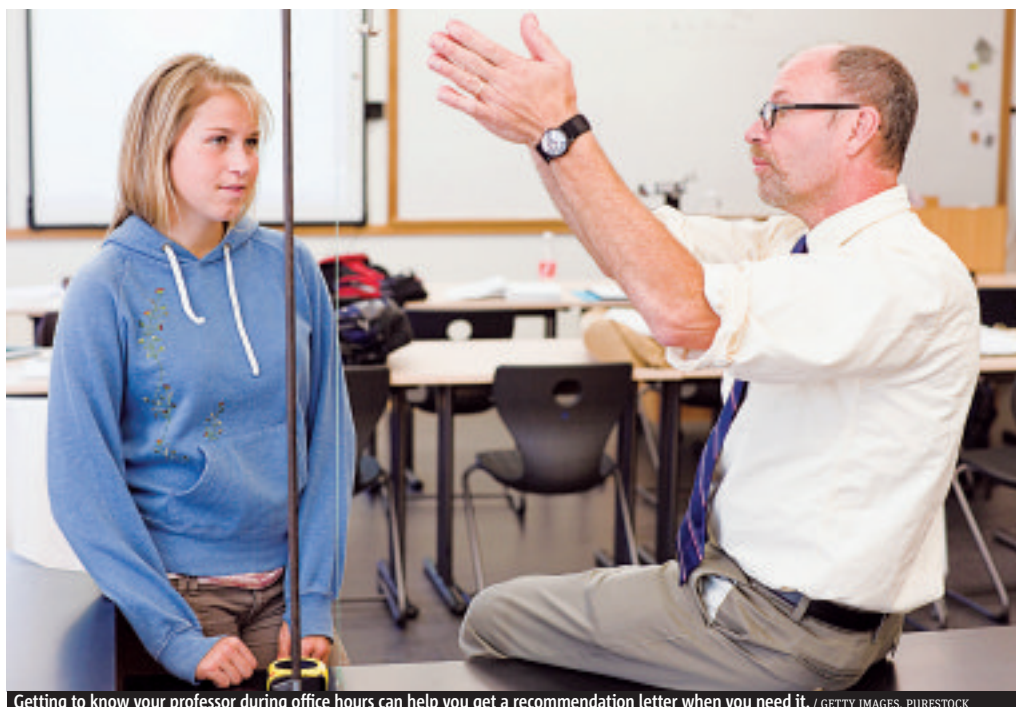
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Getting to know your professor during office hours can help you get a recommendation letter when you need it. / GETTY IMAGES, PURESTOCK

GET IN ON THE OFFICE HOURS AND GET AHEAD

Ask a professor

LEE SKALLERUP BESSETTE

@READYWRITING

Dr. Lee Skallerup Bessette is an English and writing instructor who has been teaching at colleges for almost 15 years, in three different states, two countries and two languages. She has seen it all and heard it all. You can follow her on Twitter, @readywriting, and check out her blog, College Ready Writing, where she talks about the broader issues and challenges facing higher education today.



Most students don't take advantage of the time professors set aside for office hours. I know this because I have spent many afternoons sitting by myself in my office, waiting for students to come to chat. Those who do come will timidly knock and apologize for disturbing me. This is a part of my job, to offer extra assistance to students outside of the classroom when they need it. It's more disturbing to me when students don't use my office hours.

Office hours aren't just for when you need extra help or an explanation about an assignment. They are an opportunity to get to know your professors and forge connections. You can use the time to ask them about their research, their experience or to seek advice about possible majors and career paths. You never know when you're going to need that letter of reference, and you want to be able to approach professors who know you

beyond a final grade at the end of the semester.

When you do show up for office hours (they're posted on the syllabus), have a clear purpose in mind; this shows initiative and organizational skills. It's OK not to understand an assignment, but come prepared to explain what doesn't make sense.

If you can arrive at the beginning of the professor's office hours, do so. If not, it is perfectly fine to come later in the posted times. If the posted office hours don't work for you because of your class or work schedule, speak to the professor before or after class to explain your situation and see if there is an alternative time when you can meet.

Always remember, we're here to help you on your journey through college and we want to see you succeed. Office hours are one of the ways outside of the classroom that we can help you. But we can't help you if you don't show up.

office hours, send your questions to professor Lee Skallerup Bessette via email: collegereadywrit-

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New details emerge about Paul Walker's death



2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

There was a huge outpouring on Twitter over the weekend regarding the death of Paul Walker. Here, Bret Easton Ellis, Dwayne Johnson, Ludacris and Vin Diesel share their condolences and memories.

@BretEastonEllis: Paul Walker was probably the most beautiful American movie actor of the past two decades.

@TheRock: All my strength, love & faith to the Walker family during this heart-breaking time. We find our strength.. in his light. Love you brother.

@Ludacris: Your humble spirit was felt from the start, wherever you blessed your presence you always left a mark,...

@OffVinDiesel: Brother I will miss you very much. I am absolutely speechless. Heaven has gained a new Angel. RIP.



Actor Paul Walker, best known for his work in the "Fast and Furious" franchise, died in a car accident Saturday afternoon in Los Angeles, his rep confirms. He was 40 years old. "It is with a truly heavy heart that we must confirm that Paul Walker passed away today in a tragic car accident while attending a charity event for his organization Reach Out Worldwide," a statement on his Facebook page reads. "He was a passenger in a friend's car, in which both lost their lives."

That friend was also his business partner, Roger Rodas, who was driving a red Porsche at the time of the fatal accident. Reports say the car was traveling at high speeds when it hit a tree and then slammed into a streetlight. As his rep stated, Walker and Rodas were at an event for Reach Out Worldwide to raise aid for victims of

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON

@dorothyatmetro
dorothy.robinson@metro.us



Typhoon Haiyan. Rodas' high-end auto shop, Always Evolving, in Valencia, Calif., held the event. According to Radar Online, the crash happened so close to the fundraiser that attendees could hear it. Tragically, one of the witnesses who rushed to the scene to help was reportedly Rodas's 8-year-old son.

"I ran over afterwards, I was trying to find Roger's son," eyewitness Jim Torp told the New York Daily News. "I found out his son had jumped the fence and gone over, he was trying to get his dad out. Paul Walker's best friend was trying to get Paul out of the car while it was still on fire. ... He was trying to save his friend. ... There was nothing he could do."

Walker is survived by his 15-year-old daughter, Meadow, who had recently moved to Los Angeles to live with him. Walker had just started work on "Fast & Furious 7."



To see a list of Walker's best-known films, as well as a photo retrospective, [Blip this photo](#). / ALL PHOTOS GETTY IMAGES



Ben Affleck: A true gentleman or just paparazzi bait?

We're sure the only reason Ben Affleck opened the car door for his wife Jennifer Garner on Friday in Los Angeles is because he's a true gentleman and not because the paps were watching. Right? Right?

Osbourne admits to vagina surgery

Sharon Osbourne, who freely admits that she's had "a lot" of plastic surgery, went TMI overboard during a recent appearance on Graham Norton's talk show.

When quizzed about her multiple surgeries, she talked freely about her most painful surgical experience. "Having my vagina tightened," she said. "It was just excruciating." Asked if it was worth it, she laughed: "My husband thinks so. It's back the way God wanted it to be."

And my God didn't want for me to know that about Sharon Osbourne's hoo-ha. Thanks a lot, Internet.



Talking point

Kunis' fetus will be Jewish

Mila Kunis and Ashton Kutcher have been sparking pregnancy rumors lately, with Kunis wearing suspiciously

baggy clothing. "Even if [Ashton] doesn't fully convert, he's very much into the idea of having little Jewish babies," the source says, adding that the topic is very important to Kunis' family.



Elio Petri's paranoid 1970 art-thriller comes to high-def.
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A confident, well-dressed man whose name we never learn (Gian Maria Volonte) visits his mistress (Florinda Bolkan). He murders her, then intentionally leaves very obvious clues. Then he goes to work: As it turns out, he's the chief of police, and he's handling the case. But it's not clear if he

wants to avoid arrest or engineer it. What he does want to do is prove that he's in a position where he can break any law.

So goes the pitch-black 1970 Italian satire "Investigation of a Citizen Above Suspicion," which targeted the police — and the political climate in Europe — with such severity that its makers were convinced it would get them busted. (Indeed, the film was so hot-button that a terrorist bombing that occurs in the film happened, almost to the letter, in real life after the sequence was already filmed.) Instead, the film was a hit and won the Oscar for Best Foreign Language Film.

Like many Italian

films of the era, it's both stylish and political. Director Elio Petri sought to make what he called "polpop": films that sneaked hard-line political content into poppy, mainstream forms. "Investigation," which seeks to warn of Italy's backsliding into fascism, is more art film than pop, madly capturing an anti-hero attempting to escape from a system he can't help perpetuating. The catchy score by Ennio Morricone is at once jaunty and sinister, just like the film itself.



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'The Hangover Trilogy'

It only needed one entry, but while the third installment was a failure, it's not entirely without interest.

'Nashville'

It's not Robert Altman's best film, but this 1975 country music panorama is his most "Altmanesque," with 24 main characters.

'The Smurfs 2'

Not many saw this cynically-made sequel, so hopefully this is the last you'll ever read about it.

Claws out

'The Wolverine: Unleashed Extended Version'

The extended version of the second Wolverine spinoff runs nearly 2 ½

hours. Hopefully the added footage deals more with the parts where Hugh Jackman's brooding mutant hangs out in the woods, racking up piles of bourbon bottles while beating up hunters in redneck bars.



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Jennifer Lawrence led another commanding weekend for "Catching Fire." / MURRAY CLOSE

Katniss beats Disney in holiday theaters

Box office.

"Catching Fire" still reigns, heating up the holiday season.

"The Hunger Games: Catching Fire" continued to light up the box office through the Thanksgiving holiday weekend, collecting a record \$110.2 million over five days to surpass a hefty opening for Disney's new animated film "Frozen," and bringing its 10-day total to nearly \$300 million.

Moviegoers flooded theaters in record-setting numbers, dropping \$294 million at box offices, beating the \$290 million spent a year ago over the five-day period.

"Catching Fire" and "Frozen" both beat the

Thanksgiving box office record of \$82.4 million set by "Harry Potter and the Sorcerer's Stone" in 2001.

"Frozen," which critics lavishly praised, recorded ticket sales of \$93 million at U.S. and Canadian theaters for the five-day holiday period, according to studio estimates compiled by Reuters. "This was much more than we ever could have thought," says Dave Hollis, executive vice president of distribution for Walt Disney Studios, adding it was the biggest-ever opening for one of its animated releases.

Disney's action film "Thor: The Dark World," based on the character from its Marvel comic book unit, was third with \$15.5 million in ticket sales, according to data compiled by Rentrak.

Top 5 earners

- 1 'The Hunger Games: Catching Fire' \$110.2 million
- 2 'Frozen' \$93 million
- 3 'Thor: The Dark World' \$15.5 million
- 4 'The Best Man Holiday' \$11.1 million
- 5 'Homefront' \$9.8 million

Rounding out the top five were strong-performing "The Best Man Holiday," starring Taye Diggs and Terrence Howard, with \$11.1 million, and "Homefront," which collected \$9.8 million in its debut weekend. **REUTERS**

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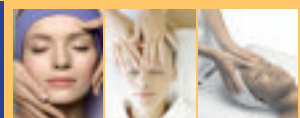


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Shopping secrets.
Score the best deals with these useful techniques.

Armed with your coffee and credit card, you may feel ready for Cyber Monday — but with millions of other shoppers joining in, the online shopping competition is fierce. Mattias Larsson, the CEO and founder of DefinitiveDeals.com, has been studying online shopping habits for the past eight years, particularly Cyber Monday habits. He spills his insider knowledge to help you score the best deals.

Keep your eye on the prize

"It's so easy to get distracted on Cyber Monday by deals for items you don't really want," Larsson says. To avoid buyer's remorse, make a list of the items you want to buy and stick to it. "Retailers will advertise big discounts to get you to click on their site, but those items sell out fast and then you're clicking around on the site instead of buying the items you want. Meanwhile, those items are selling out other places."

Don't go for the lowest price

If you're hoping to score some electronics, beware of scams. According to

Cyber Monday tips



Items in high demand are sure to run out quickly, so log on early. / COLOURBOX

Skip it

Forget about getting a new PlayStation4

Our expert says finding a PlayStation4 or Xbox One below the sticker price isn't going to happen. But you will score sweet deals on PS3s and Xbox360s. "You will find great bundles of older consoles that come with the system and games," says Larsson.

Larsson, many sites will offer cheap electronics, but the quality will be as low as the price and you'll end up disappointed. "Look for discounts that aren't the door-buster price, but still a good deal," he says. By not going for the absolute lowest price, you'll get a better product and have less competition.

Wait on clothes and toys

"Prices for these items actually drop more closer

to Christmas than they do on Cyber Monday," Larsson says. The one exception: new, buzz-worthy toys. "If there's something really big this season, get it early. But for toys that are the same year after year, you're better off waiting until Christmas."

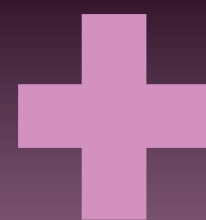
Don't stop hunting on Tuesday

There are six less shopping days this year

between Thanksgiving and Christmas, so retailers are trying even harder to get shoppers' attention. Better-than-usual deals will be going on up until Christmas, so don't feel stressed to get all your shopping done on Monday.

Founded in 2005, DefinitiveDeals.com showcases the best deals the Web has to offer. Deals are listed in order of strength.

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To redeem the deal, enter the promo code "GIVE" when you checkout at www.kindsnacks.com.

Outside the box

Consider these random picks when navigating Cyber Monday.

Add to the girth

You're fat and you're going to get fatter this season, thanks to the holidays and your irrational fear of debilitating cold and wind. So own it. Or force others to own it. Gift boxes at Godiva are 40 percent off Monday, so feel free to think of others or just yourself. www.godiva.com

Bye, Movember

A few years ago, an evil neologism entered the lexicon: "manscaping."




Using a deal to gift yourself chocolate is totally justified. / PROVIDED

Please ignore that — but maintaining (and preferably losing) your facial hair is nothing to sneeze at. Pick up some gear at The Art of Shaving, including blades and cream to get that baby face while avoiding shameful spotty stubble. Go to www.theartofshaving.com for \$25 off at least \$125.

Animal house

Pet owners tend to anthropomorphize the animals they've imprisoned and trained to be their friends. But if you're going to do that, you might as well treat them right. At LazyBonezz, one can find that ridiculously comfy bed your animal deserves for putting up with your habitual neglect. Go to www.lazybonezz.com for 70 percent off site-wide. METRO



HOLIDAY GIFT GUIDES

DECEMBER 5, 2013
Hostess gifts, stocking stuffers, and what's on celeb must-have lists.

DECEMBER 12, 2013
Our haute holiday gift guide for him and her, packed with amazing gifts.

DECEMBER 19, 2013
Still looking for that perfect present? We've got lots of smart, last-minute suggestions that are sure to please.

A guide series to the coolest gifts to give (and ask for) this holiday season.

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Outside the box

YOWZA!
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Hello, nurse!

So there's this: If you are one of the first 50 people who buy lingerie off the lingerie site Adore Me, your order will be delivered in person by a "hot male model." Hopefully he will not be outfitted in the lingerie you just bought. **www.adoreme.com**

Get technical

There's the latest gadgets, then there's the basic tech necessities. iHome offers 50 to 70 percent off its audio fare: clock radios, portable speakers, headphones and other obvious things you need to make your life less terrible. **www.ihomeaudio.com/outlet**



Savings. Spend your Cyber Monday planning your next vacation.

While you're stocking up on hot-ticket items this Cyber Monday, you might also want to book a plane ticket, as hotels everywhere are slashing room prices today. Check out these deals:

Gansevoort Turks + Caicos

The deal: Stay six or more consecutive nights that include a Monday and Tuesday, and Monday and Tuesday are free.

The promo code: CYBER

The fine print: Travel now through October 2014; blackout dates are Dec. 20-Jan. 4, Feb. 14-20 and April 14-22.

www.gansevoortturksandcaicos.com



- \$99/night Aug. 24-Oct. 29 and Nov. 30-Dec. 25
- \$159/night Oct. 30-Nov. 24
- \$179/night April 24-June 11

• \$199/night Jan. 27-March 5 and June 12-Aug. 23

The promo code: N/A

The fine print: Must be a two-night minimum stay and may only be booked with a credit card. Blackout dates are May 22-25, June 19-24, July 3-6 and July 23-25.

www.atlantis.com

La Concha Resort, San Juan, Puerto Rico

The deal: 30 percent off bookings on Cyber Monday

The promo code: YCUO / YCUP

The fine print: Travel Dec. 3-22; blackout dates may apply.

www.laoncharesort.com

Atlantis Resort, Paradise Island, Bahamas

The deals: The following offers are available for travel in 2014:

Hotel Madeline, Telluride, Colorado

The deal: 50 percent off the Ski and Spa package

The promo code: N/A

The fine print: Valid for stays between Nov. 29 and Dec. 18; no blackout dates! **www.hotelmadeline-telluride.com**

Trump Hotels (New York, Chicago, Waikiki, Las Vegas, Panama, Miami, Toronto)

The deal: 30 percent off all suites (and a \$10 donation to St. Jude Children's Research Hospital for each

reservation)

The promo code: N/A

The fine print: Available for stays Jan. 1-March 31; no blackout dates!

www.trumphotelcollection.com/suite special

Fontainebleau Miami Beach

The deal: 50 percent off all rooms

The promo code: N/A

The fine print: Travel between Nov. 29-March 31. Blackout dates are Dec. 3-6, 10-13, 26, 2014; Jan. 1-3, 13, 14, 18-21, 26-29; Feb. 13-15, 20-26; March 27, 30. Additional blackout dates may be added or changed. Offer cannot be combined with any other discount, and is not applicable to groups. Taxes and

gratuities not included. A hotel fee of \$19.95 per day, per room will apply. **www.fontainebleau.com**

Starwood Hotel properties

The deals: 20-40 percent off rooms at more than 500 Starwood hotels and resorts in the Americas, like the Sheraton New Orleans from \$87 per night and the Westin Lake Las Vegas Resort & Spa from \$79 per night.

The promo code: CCCR

The fine print: Travel from Nov. 25-Jan. 26 at participating hotels, and Nov. 25-April 27 at participating resorts. The deals run

through Dec. 6. **www.spg.com/cybermonday**

JW Marriott Cancun Resort & Spa, Mexico

The deal: 30 percent off room rates, as low as \$146

The promo code: 16C

The fine print: Travel Dec. 3-April 12. Blackout dates are Dec. 22-Jan. 3, Jan. 16-18, Jan. 26-29, Feb. 4-12 and Feb. 19-20.

www.jwmarriottcancun.com

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meredith.engel@metro.us



Snatch up these travel deals today

We're not sure which is bluer at the Gansevoort Turks + Caicos — the pool or the sky? / MAGDA BIERNAT

Hot deal

Canyon Ranch

The deal: \$100 vouchers for every \$500 spent on gift cards for the health retreat

The promo code: N/A

The fine print: Gift cards are valid Jan.

4-Dec. 23 in Tucson, Lenox and Miami Beach locations, but Miami requires a two-night stay. There are no blackout dates!

www.canyonranch.com

Canyon Ranch offers plenty of ways to find tranquility. / CANYON RANCH

Book ASAP

Lifestyle Tropical Beach Resort & Spa/ Puerto Plata, Dominican Republic

The deal: \$15 per person, per night rooms at the all-inclusive resort (airfare not included)

The promo code: N/A

The fine print: Deal begins Monday morning at 9 a.m. on CheapCarib-

bean.com. Travel May 1-Dec. 31, 2014. **www.cheapcaribbean.com/resorts/Dominican-Republic-Puerto-Plata/Lifestyle-Tropical-Beach-Resort-Spa/2985.html**

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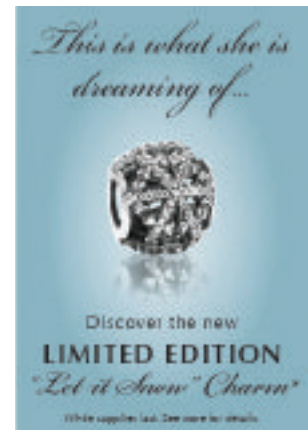
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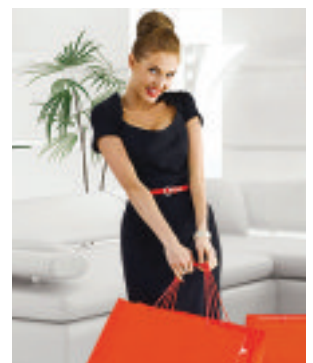
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'PERSONAL GROWTH IS NOT A RACE'

Whenever I meet up with old friends this time of year, I start doubting myself. I'm single and all my friends my age (30) are married with kids. How can I cope with feeling so different?

Many years ago, I accidentally killed a lily plant because I mistakenly assumed that if I stuck it in a sunny spot and watered it regularly, it would flourish like my philodendron. What I didn't realize was that my lily couldn't handle direct sunlight.

People are a lot like plants. Although we all need the same basic ingredients to survive, the conditions required for flourishing vary from person to person. Many factors, including parenting, genetics, social class, culture and luck affect the timing and rhythms at which our lives unfold.

No Insurance Necessary

KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring.



Many of my clients feel the same way that you do about feeling different. Sadly, I detect a hint of shame attached to such feelings. It's as if there is some universal cultural standard of normal to which people think they are falling short. Sure, there are specific lifestyle trends associated with different times in our lives. Developmental psychologist Erik Erikson posed that each stage of our lives

presents a specific challenge that, if mastered, builds a person's sense of competence, leading him or her to a new chapter with different challenges. For example, young adulthood is about establishing intimacy with others versus becoming isolated.

But there are many avenues for creating intimacy. Being in relationships and starting families is just one of them. My suggestions to you are as follows:

Advice

1 Figuratively speaking, think about what kind of plant you are. Ask yourself what are the conditions — the kind of environment, the types of friends, the forms of nourishment — that will help you blossom.

2 Identify your purpose. Ask yourself what contribution you can make to the world when you're being yourself. The world wouldn't operate well if everyone did the same thing.

3 Celebrate the qualities that make you unique. Imagine how you would see yourself differently if you regarded these qualities as strengths.



There's no timetable for coming into your own.
EYECANDY IMAGES RF

4 Identify obstacles to creating more intimacy in your life. You might do this with trusted friends or a psychotherapist.

5 Find role models — people you admire because of their uniqueness. They are in no short supply.



PLUS

More advice

Find your flower

Remember, there is no one "correct" way to blossom; marriage and children are not the only "fruit" of one's labors or measure of a person's value as a human being. Each flower has its own unique beauty and scent. Find yours and share it with the world.



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Health notes

Work out like Katniss

Got "Hunger Games" fever? At **New York Sports Club**, the second incarnation of its "Train Like a Tribute" class features 12 challenges participants must overcome, just like Katniss and crew had to do when unleashed back in the arena for the second time. You'll use an actual bow to work your upper back and biceps on "Katniss Killers," dodge arena threats in "Monkey Jumps" (plyometric squat jumps) and work your triceps with "Finnick Trident Presses." At the end of the circuit-style class, a winning tribute will be declared. The class is free for members and nonmembers alike; visit www.mysportsclubs.com for the schedule.

Get flyin'

Tomorrow, **Flywheel** spin studio kicks off



You can count on some "Katniss Killers" during New York Sports Clubs' new workout. / MURRAY CLOSE

its Holiday Express Challenge, a three-week series that promises a fitter you by 2014. It's not for the faint of heart: Each week, you'll take two Flywheel spin classes and three off-the-bike FlyBarre classes. You'll also get nutritional counsel and a bike basics workshop. The challenge is \$400; email, call or visit your local Flywheel studio (www.flywheel.com) to sign up.

Free workouts

Body + Pole (115 W. 27th St., 212-334-6900), which recently underwent a huge renovation — it now has over 10,000 square feet of space — is offering a free week of classes this month. Now, this isn't your ordinary gym: You'll get one aerial hoop class, one pole dancing class and one conditioning class in

your free week. Call to sign up.

Blink Fitness —

Equinox's budget-friendly gym — is holding open houses in the Bronx, Queens and Brooklyn this Friday as part of its BFF (Blink Fitness Friday) promotion. Come check out the space, and if you ultimately decide to join, you can do so for just \$15 a month. Learn more at www.blinkfitness.com.

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You and tea: A matcha made in heaven



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Drink up. The potent matcha tea carries a host of antioxidants.

One hundred and thirty times — that's how much the super-trendy (yet super-old) Japanese matcha tea is supposed to beat regular green tea in terms of antioxidants. But what's the real benefit of downing what some might call a less-than-tasty teaspoon of matcha powder in your next cuppa?

"I definitely think matcha can help prevent [illnesses] and keep you healthy when it comes to diseases," says Rachel Berman, dietitian and health content manager for About.com.

Matcha is a green tea, and research shows that the antioxidants (more precisely, catechins) that it contains can reduce the risk of cancer. Furthermore, green tea has serotonin, which can help reduce stress and work as a mood enhancer. Last but certainly not least, it can help increase metabolism.

But Berman is hesitant to tout matcha as a cure-all. "I wouldn't necessarily say, 'Drink green tea and you will lose weight,'" she says. "The amount of calories you may burn won't make up for having a cheeseburger at lunch."

Matcha is also making waves because of how it's brewed.

"Matcha is a powder [made from] the entire leaf, versus brewing [standard green tea] leaves in water, which won't give you as much of the health benefits," the dietitian tells us.

It contains caffeine, too,

Making sense of

matcha

- Matcha only grows in Japan.
- It's known as a mood enhancer because of its amino acid content.
- The greener and softer matcha is, the more expensive it is.
- If you find this wonder tea a tiny bit too expensive, Berman recommends asking for a really high-quality green tea instead. You will probably get a lot of the same benefits from it, she says.

and Berman doesn't recommend going over four or five cups a day or drinking it past 5 p.m.

"Just incorporate it as a substitute for a mid-afternoon soda or coffee," she says.

The conclusion seems to be that matcha is worth a try, but one question still remains: Why has a tea that's been around since the 12th century become so popular now?

"I think that people are looking for ways to improve their diet any way possible," Berman says. "Certain foods go in and out of trend all the time, so maybe people are looking for a way to get antioxidants, since there has been so much research about how good green tea is. Why not have the one that is even more powerful than just regular green tea?"

MAJA LUNDAGER
letters@metro.us

Quoted

"I definitely think matcha can help prevent [illnesses] and keep you healthy when it comes to diseases."

Rachel Berman, dietitian and health content manager for About.com

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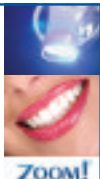
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WELLBEING 24

This week in health news

Premature birth linked to issues in brain development

Location of study: U.S.
Study subjects: 51 full-term and 30 preterm infants
Results: Premature birth may trigger developmental processes in the white matter of the brain that could put children at higher risk of problems as they grow, a new study says. Researchers compared concentrations of certain chemicals associated with mature white matter and gray matter in full-term and preterm infants, and found significant chemical variation. The report states that later in life, premature babies are at risk for various conditions from impulsiveness and distractibility, to autism and Attention Deficit Hyperactivity Disorder. The findings will be presented at the Radiological Society of North America's annual meeting.

Significance: "In the United States, we have approximately 500,000 preterm births a year," says Stefan Bluml, Ph.D., director of the



Autism might afflict preemies more than full-term babies. / FUSE

New Imaging Technology Lab at Children's Hospital Los Angeles and associate professor of research radiology at the University of Southern California in Los Angeles. "About 60,000 of these babies are at high risk for significant long-term problems, which means that this is a significant problem with enormous costs."

Smokers may cut heart disease risk faster than previously thought

Location of study: U.S.
Study subjects: 853 people who quit smoking 15 or fewer years before; 2,557 people who never smoked
Results: Previous research found that it may take up to 15 years or more after quitting for smokers to regain cardiovascular health to that of people who never smoked. But a new study

found that many smokers, on average, reduce their risk within eight years. The research was presented at the American Heart Association's Scientific Sessions 2013.
Significance: "It's good news," says Dr. Ali Ahmed, M.P.H., senior researcher and professor of cardiovascular disease at the University of Alabama at Birmingham's School of Medicine. "Smoking is the most preventable cause of early death in America. If you smoke, quit and quit early." People who quit smoking reduce their risk of developing heart disease, heart attacks, strokes and dying from cardiac arrest.

Movie scenes can instill empathy in burnt-out medical students

Location of study: Philadelphia
Study subjects: 248 second-

year students at Jefferson Medical College
Results: Lead study author Mohammadreza Hojat, Ph.D., a research professor in the Department of Psychiatry and Human Behavior at Thomas Jefferson University, found that empathy toward patients tends to decrease during medical school. But students who were shown movies that highlight a patient's perspective became more empathetic, according to a new study published in the journal Medical Teacher. Previous research has shown that, overall, doctors who score higher on empathy tests have patients who do better.

Significance: Better patient care and improved outcomes are key points of interest for administrators of the new Patient Protection and Affordable Care Act, both for the patient's benefit and for reducing costs. "We are proving that empathy is a quality that can be taught," Dr. Hojat says. **LINDA CLARKE**

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Feeling "lucky" to have the job shouldn't hold you back from taking risks. / COLOURBOX

RISKY BUSINESS STARTS WITH SAYING 'YES'

When it comes to big, life-changing risks, I'm happy to take the plunge. Moving countries? Check. Switching careers at 30? Check. Those are the sorts of risks I see as adventures. I'm happy to slap my backpack on and navigate an unknown path to an undiscovered peak.

But when it comes to risks at the office, it's another story. I was working at a company some years ago and felt "lucky" to have the job. So, when someone suggested I take on an extra project, I demurred. In my head I reasoned, "Why rock the boat? You might mess it up. Things are fine as they are." It didn't occur to me that by taking on that project and making it my own, I might actually help my career, help people see me in a different light and provide my own springboard to an expanded role (all of which happened to a colleague

Advice

- Don't let "no" be your immediate answer if presented with an opportunity that scares you. Take some time to think about it.
- Look at taking a leap into the unknown as a career move — sure, it might not work out, but you won't achieve anything significant without taking a risk or two.
- Silence the voice in your head that's trying to undermine you. You can do it.

who was wiser than I was).

Some of the same fears apply when it comes to negotiating for more money. Many women won't do it, or back down during negotiations, because they feel like

they're endangering their relationship with their boss simply by having the conversation. Yet it's only by taking such risks that you have a chance of making a leap forward at work.

Joanna Barsh worked for many years as a consultant at McKinsey & Company.

"I turned down opportunities I thought were a stretch because I was scared," she says. "Someone would say, 'Would you like to go and open an office in such-and-such a place?' Without even thinking, I would say no. 'Would you like to join such-and-such a committee?' I said no." She gorged on thoughts of what could go wrong. But as in many workplaces, "First you say yes, then you figure it out." She eventually did exactly that, retiring recently as a partner at the firm.

The Broad Experience

ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bimonthly podcast called "The Broad Experience" about women in the workplace.



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"I turned down opportunities I thought were a stretch because I was scared. ... In a firm like ours, first you say yes, then you figure it out."

Joanna Barsh, recently retired partner at McKinsey and Company

Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. You may be charming — but before you try to convince others, make sure you have your facts straight.

♊ Capricorn | Dec. 22-Jan. 20. Interact with a variety of people. You will gain popularity if you are benevolent. Others will be interested in your plans.

♒ Aquarius | Jan. 21-Feb. 18. Seek sound advice from someone you respect. You need an impartial opinion. Take a long, hard look at your motives. Self-deception is apparent.

♓ Pisces | Feb. 19-March 20. Direct your energy into physical activities. You will accomplish a lot if you are determined. Your creative ability will be replenished.

♈ Aries | March 21-April 20. Rewards will head in your direction if you offer help. You will be appreciated and recognized for your attributes.

♉ Taurus | April 21-May 21. Jealousy must not be allowed to take over. Spend quality time with the people you love. Career moves that will give you freedom can be made.

♊ Gemini | May 22-June 20. Making new acquaintances will be entertaining. Get involved in a cause, and you will open up doors to business partnerships.

♋ Cancer | June 21-July 22. Enjoy the company of someone you think is special, but don't feel the need to pay or to do too much in order to win favors.

♌ Leo | July 23-Aug. 22. Avoid taking unnecessary risks. Don't let someone you love goad you into taking on an expense you cannot afford. It is you who will have to suffer.

♍ Virgo | Aug. 23-Sept. 22. Network all you can with individuals who have the information you need to get ahead.

♎ Libra | Sept. 23-Oct. 22. Concentrate on work. Personal relationships will interfere with reaching your goals. Take advantage of a chance to learn from someone.

♏ Scorpio | Oct. 23-Nov. 21. Focus on people, places and pastimes. The information you acquire will contribute to something you can use.
BERNICE BEDE OSOL

Letters

This is not your father's GOP

Re: 'Parties don't disagree on civil rights' (Metro, Nov. 27) Democrats were the conservative party a long time before and during the early 1960s. Reagan was originally a Democrat. To believe the Republicans of today have anything to do with the Republicans of Lincoln's era is disingenuous and laughable. Also, the conservatives of Eisenhower's era were no way near as paranoid and as seemly insane as the current crop.

MICHAEL WALSH, VIA EMAIL

Letter writer Darrell Hartwick's nostalgia for the Republican party of old is sweet, but that's all it is. The Republican

Party of 2013 is committed to just three things: the destruction of President Obama (as Sen. Mitch McConnell himself made clear in 2009), the elevation of the private sector at the expense of the public (the recent shutdown and ongoing budgetary drama being their primary result) and reversing the last 50 years' worth of progress on social equality (the voting restriction passed in 33 Republican-controlled states being the latest version of this). No amount of waxing nostalgic for Eisenhower or even Reagan will change this reality.

JOSEPH CONNELL, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

	4	2	7	9	8			
	9					1	8	2
				1				7
	3	1			7			6
				2				
9			3			2	5	
5				8				
3	2	7					1	
			5	7	2	4	6	

9			4	3		7		6
			7				8	
7							2	
3				9	5			
1	6		8		7		3	5
			6	1				2
	8							3
	1				4			
4		5		8	6			7

How to play Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Online

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!



Crossword

Across

- 1 Powdery ink
- 6 Winsome
- 10 Feliciano or Ferrer
- 14 Disconcert
- 15 Indigo dye
- 16 Goddess's statue
- 17 Hitting below the belt (2 wds.)
- 19 Adventurous
- 20 Wine category
- 21 Fast gaits
- 22 Join the Army
- 23 Baba au —
- 24 Mouth, slangily
- 25 Ignited
- 28 Regretted deeply
- 30 Venetian blinds
- 31 Interrupts (2 wds.)
- 35 Superman, incognito
- 36 Staff members
- 37 Polite address
- 39 How diaries are written (hyph.)
- 41 Pat Sajak's cohort
- 42 Wanton look
- 43 Rodeo gear
- 44 Soup servers
- 48 Trig. or geom.
- 49 Leave-taking
- 50 Judd of country
- 52 A fifth of DX
- 55 Rhyme

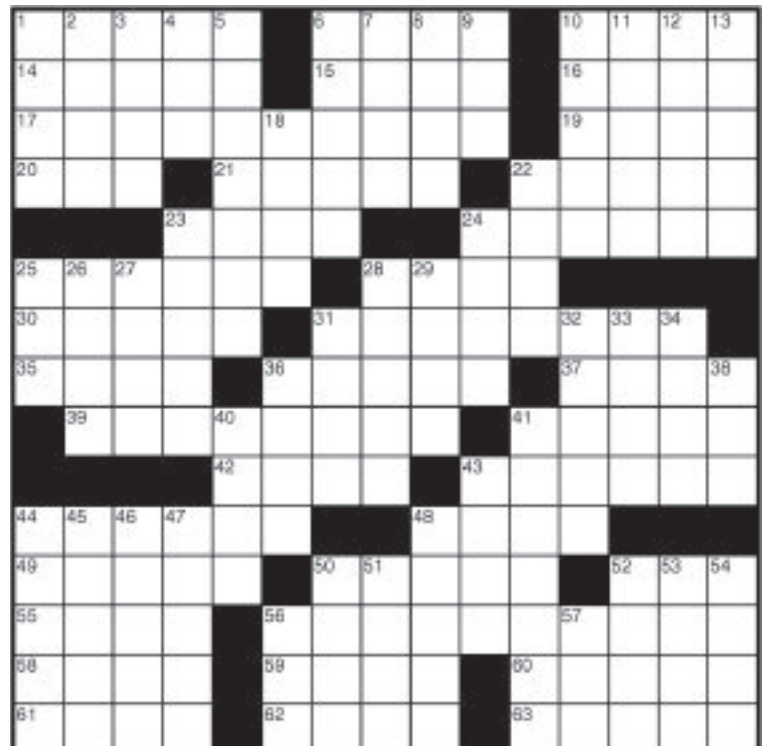
- 56 Axons and dendrites (2 wds.)
- 58 Thus
- 59 Marie's friend
- 60 Nimble
- 61 Spinks of the ring
- 62 Okra morsels
- 63 Dogie stopper

Down

- 1 Boys
- 2 Play award
- 3 DEA operative
- 4 C'— la vie!
- 5 Beats
- 6 Bounce back
- 7 Army outfit
- 8 Muscle quivers
- 9 Forest grazer
- 10 Corresponds
- 11 Smells
- 12 Crack the case
- 13 Tribal adviser
- 18 Bona fide
- 22 Fries, maybe
- 23 Tattered
- 24 Nail containers
- 25 Seek information
- 26 Made a fast exit
- 27 Turner of old movies
- 28 Speeder's undoing
- 29 Heavy hydrogen discoverer
- 31 Linger

- 32 Box-office hit
- 33 Fleming et al.
- 34 Billionth, in combos
- 36 Pro votes
- 38 Advanced degs.
- 40 Chicken cordon —
- 41 Rome locale
- 43 Hobbling
- 44 Suit coat feature
- 45 Love madly
- 46 San— Padres
- 47 Dud
- 48 Relocates
- 50 Verne captain
- 51 Very dry
- 52 Ad award
- 53 Reformers' targets
- 54 "Gotcha!" (2 wds.)
- 56 Take a snooze
- 57 Freud topic

Weekend's answer



Jets' playoff hopes slipping

NFL. New York's offense was nonexistent in a humbling defeat by the Dolphins.

The Jets are not mathematically eliminated from the playoffs, but an ugly, 23-3 loss Sunday showed they are nowhere near postseason caliber if they should somehow make it.

The Dolphins came into the game losers of two of their last three games but they rebounded with a stingy defense that limited the Jets to just three trips into Dolphins territory.

Metro breaks down what went wrong for the Jets in the defeat:

1 Secondary issues

The Dolphins were never going to beat the Jets solely on the ground — not against



Dolphins receiver Mike Wallace took the opportunity to mock the Jets' winged celebration dance on a third-quarter touchdown. / GETTY IMAGES

the league's top run defense — but the way they carved up the New York secondary was impressive. Antonio Cromartie, hampered by a hip injury for much of this season, was burned on the inside by Brian Hartline for a 31-yard touchdown in

the third quarter. Then there was Dee Milliner, who failed to wrap up Mike Wallace on a 28-yard touchdown pass in the third quarter. It was lazy technique from Milliner, who continues to piece together a terrible rookie year.

2 Starting cold

Starting strong has been a struggle for the Jets all season, with Sunday's game representing the fourth time this season the Jets have been shut out in the first quarter. It was also the second first-half shutout. The Jets

managed just 39 yards on 17 plays in the first half. Even with just a 6-0 halftime hole, the anemic display by the offense was enough to doom the Jets to a long afternoon.

3 Unhappy endings

After stopping the Dolphins on fourth down from their own 1-yard line, the Jets seemed to have some momentum in their favor nearing the end of the half. But a three-and-out gave Miami good field position and a field goal to make it 3-0. The Jets got the ball on their own 20-yard line but on third down Geno Smith threw an interception into double coverage to give the Dolphins the ball at the Jets' 44-yard line. Miami positioned themselves three plays later for another Caleb Sturgis field goal and a 6-0 lead at halftime.

KRISTIAN DYER

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3

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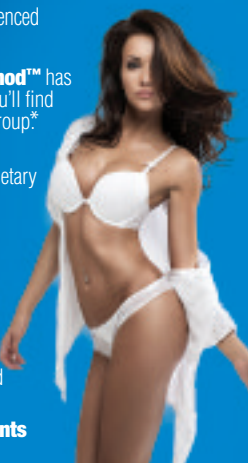
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Smith benched as rookie's year still regressing

NFL. First-year quarterback has not thrown a touchdown pass since Oct. 20.



Smith completed just four passes before being pulled.

It was another game, and another series of miscues, bad decisions and general ineptitude for Geno Smith.

After being taken by the Jets in the second round of the NFL Draft, Smith was the Jets' latest answer to their quarterback dilemma. But despite fleeting glimpses of potential, Smith has largely struggled in recent weeks and showed no signs of being a long-term solution under center in Sunday's loss.

Matt Simms was inserted into the game after halftime and led a 64-yard

of Smith at halftime.

"Just frustrated that we couldn't come out with the victory," Smith said. "I don't have anything to say about anything else other than the fact that we didn't get it done on offense or as a team. We couldn't get a victory and that's very frustrating for me as a quarterback. Didn't do enough, didn't get it done."

Head coach Rex Ryan was noncommittal about who would be the starter going forward.

"We're going to evaluate," Ryan said. "We'll take a look at the tape and we'll evaluate it at the appropriate time. Right now I can't tell you who is starting."

KRISTIAN DYER
sports@metro.us

Vet's ready

Garrard says he can play if needed

In what was called a game-time decision by head coach Rex Ryan, the Jets decided to keep backup quarterback David Garrard inactive for the fifth time this season. It was a decision the Jets perhaps regretted as quarterback Geno Smith was yanked from the game at halftime.

According to Garrard, there have been no indications from Ryan, offensive coordinator Marty Mornhinweg or quarterback coach David Lee about if he would be active anytime soon, but he says he feels "great."

"They all say that they're still happy that I'm here," Garrard said. "But no news that would lead me to thinking I'd be active. I have to do my part and be ready for when it comes."

KRISTIAN DYER

Around the NFL

• Vikings 23, Bears 20 (OT)

The Bears (6-6) can ill afford a loss this time of year, especially against below .500 teams, and will be kicking themselves after their showing on Sunday in Minnesota. Adrian Peterson led the Vikings with 211 yards rushing and Blair Walsh banged home a 34-yard field goal in overtime to give Minnesota the victory.

• Colts 22, Titans 14

Rumors of the Colts' (8-4) demise this season appear to have been exaggerated as Indy held on to beat a frisky Titans (5-7) team Sunday. Donald Brown's 4-yard touchdown run with just under two minutes remaining lifted the Colts to victory. Adam Vinatieri booted five field goals in the Indy victory.

• Eagles 24, Cardinals 21

The Giants' playoff hopes got a little less likely with the Eagles moving to 7-5 as they held on to beat Arizona. Nick Foles threw for 237 yards, three touchdowns — all to tight ends



The Bears tried just about everything to stop Adrian Peterson Sunday and still came up short. / GETTY IMAGES

— and zero interceptions. The Eagles defense was also strong, picking off Carson Palmer twice and forcing a fumble by the veteran quarterback. Trent Cole and Brandon Graham both had two sacks for a much-maligned Philadelphia pass rush.

• **Patriots 34, Texans 31**
The Patriots were coming

off their most impressive win of the season and were a tad flat to start Sunday against Houston (2-10), but Stephen Gostkowski's pair of 50-plus field goals in the fourth quarter lifted New England (9-3) to its ninth win. Tom Brady passed for 371 yards and a pair of touchdowns while Rob Gronkowski and Julian Edelman each had a 100-

yard receiving day.

• Panthers 27, Bucs 6

Carolina (9-3) continued to roll Sunday, winning its eighth straight game. Cam Newton was once again in full control, throwing for 263 yards and two touchdowns while also leading the team in rushing with 68 yards on the ground on five carries.

• 49ers 23, Rams 13

Anquan Boldin was dominant Sunday, hauling in nine Colin Kaepernick passes for 98 yards. The Rams were still alive heading into the fourth quarter, down 16-6, but Kaepernick found Vernon Davis for a 17-yard touchdown pass early in the final frame to pull ahead for good.

• Broncos 35, Chiefs 28

Peyton Manning was far from gun-shy after the previous week's meltdown at New England as the Denver (10-2) QB threw the ball 35 times for 403 yards, five touchdowns and two interceptions. **METRO**

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